



澳洲弱能兒童協康會

Chinese Parents Association – Children With Disabilities Inc

Christmas Newsletter

聖誕會訊

November 2021 ISSUE 二零二一年十一月版



Merry Christmas 聖誕快樂



Happy New Year 新年快樂

Reports:



- Techniques for supporting challenging behaviours
- Fun with Music
- Social story by OT students

Upcoming Events:



- AGM 2021
- CNY Family Lunch Cruise
- Families Beachside Getaway

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End of the year - President's message



Dear CPA families

I hope this newsletter finds you well this Spring season. As COVID-19 continues to persist, there are positive signs moving forward that the pandemic may be subsiding as recent case counts continue to drop. CPA is looking forward to re-opening and starting afresh with a new approach, of a return to vibrant life, of the hope that a long winter is now behind us. For the first time in a full year, we are beginning to imagine life after the pandemic.

I believe by now most of our members are double dosed. Getting vaccinated is a key to ending the pandemic. Vaccination not only keeps individuals healthy, but they also help keep communities healthy. Diseases can travel quickly through a community and make a lot of people sick. However, when enough people are vaccinated against a disease, the germs can't travel as easily from person to person, and the entire community is less likely to get the disease. The more people getting vaccinated, the less opportunity the virus will spread in the communities, and life can be back to normal. Please refer to my message from health government website here [COVID-19 vaccination – Video – Community member Miranda talks about why she got her COVID-19 vaccine \(Cantonese\) | Australian Government Department of Health](#), I strongly encourage everyone to get vaccinated, let's all do our bit! . If you have concerns please seek medical advice immediately, please do not wait.

I would like to thank Alex and Nancy Ma for volunteering their time and effort hosting the Art and Exercise sessions on Zoom. These sessions not only benefit but also support everyone's wellbeing.

Last week the four OT students Hamzah, Noor,

Alexandra and Sasha from Western Sydney University had completed their work placement with us. This was a great way for CPA to provide the opportunity for students to gain relevant professional training and skills to their area of study. Students also took away the friendship they built with the participants. CPA will continue to support this placement program next year.

I am excited to share that we are entering the roadmap for easing COVID 19 restrictions, there are so much we can do from November. CPA had already locked in two events in January and February 2022. Backed by popular demand the Wollongong Surf Leisure Resort had been booked for January and a family lunch cruise at the Georges River in celebrating the 2022 Lunar New Year. I am looking forward to all activities we will host for our members in the upcoming months. Stay tuned!

I would like to extend a sincere thanks to our staffs Rachel and Jane for their creativity and initiative to our programs and fundings. Also, alongside with the support of this year's committee members, I have experienced nothing but support and enthusiasm for getting things done. I am grateful to have served with you.

It is with great sadness that we lost a value committee member and a good friend, Jeff Li passed away from cancer in May. Jeff had served CPA for 16 years; his kind contributions and friendship will leave footprints in our hearts.

We will soon conclude whether to host the 2021 AGM virtually or in-person format. Feel free to reach out to us if you have ideas or would like to get involved. As we continue to monitor the situation to determine when we may safely transition back to in-person at Belmore centre, please stay tuned for announcements and join us at our upcoming outing events. We thank you for your continued support, and we wish our new members a warm welcome. Have a safe and happy New Year.

Miranda Chau



會長感言

親愛的協康會成員

我藉著這個會員通訊，向大家問好，願大家都能享受這個美好的春季。新冠病毒持續在社區出現，但隨著近日確診數字繼續下降，顯示疫情可能正在消退。漫長的冬天已經過去，協康會期待以新的形式重新開放，並重組充滿活力的活動。經過整整的一年，我們終於可以想像疫情後的生活。

我相信現在大多數的成員都已接種雙劑疫苗。接種疫苗是結束疫症流行的關鍵。疫苗接種不僅可以提高個人保健，還有助於維持社區健康。因為病毒可以在社區中迅速傳播，並使很多人生病。然而，當疫苗被廣泛接種後，病毒就不會那麼容易作人傳人的傳播，社區感染的可能性就會降低。接種疫苗的人越多，病毒在社區傳播的機會就越少，生活就可以恢復正常。在此，請大家參閱我在澳大利亞政府衛生部網站上所發出的視頻 [COVID-19 vaccination - Video - Community member Miranda talks about why she got her COVID-19 vaccine \(Cantonese\) | Australian Government Department of Health](#), (COVID-19 疫苗接種 - 社區成員 Miranda 談論她為何接種 COVID-19 疫苗 (粵語))，我強烈鼓勵大家接種疫苗，讓我們盡自己的一分力量！如果您有疑慮，請立即尋求醫療指引，請不要再等待。

儘管面臨疫症流行的挑戰，協康會仍竭力推行我們的使命。維持網上學習和支持社交方面的計劃一直是我的首要任務，感謝管理委員會的辛勤工作，繼續提供每週六的學習項目。在過去的四個月裡，每週六都能夠在網上學習班中見到你們，令我感到鼓舞和激勵。希望大家都享受了我們的虛擬茶敘。

我要感謝 Alex 和 Nancy Ma 花時間和精力義務主持網上繪畫班和練功十八式課程。這些學習班不僅讓各人受益，也增進我們的身心健康。

上週，來自西悉尼大學的四名修讀職業治療科學生 Hamzah、Noor、Alexandra 和 Sasha 完成了與我們合作的實習工作。這是協康會為學生提供機會，讓他們能獲取相關的專業培訓和技能的好方法。學生們在實習的過程與參與者也建立了彼此的友誼。協康會明年將繼續支持該實習計劃。

很高興新洲正在進入放寬 COVID 19 限制的路線圖，從 11 月開始我們將可以參與更多的社交活動，協康會已經在 2022 年 1 月和 2 月鎖定了兩項活動，應大眾要求，臥龍崗海濱家庭度假已定為 1 月份項目，2 月將舉行 Georges River 新春遊輪家庭樂以慶祝 2022 年農曆新年。我期待著協康會在未來幾個月將為會員舉辦更多的活動。敬請關注！

我要衷心感謝我們的員工 Rachel 和 Jane 在活動策劃和申請市政府撥款上所作出的努力；此外，得到管理委員會成員的支持，讓我對大家的服務充滿熱忱，我很感激能和你們一起服務。

非常遺憾的是，今年我們失去了一位寶貴的委員會成員，也是我們的一位好朋友 Jeff Li，他於 5 月因癌症去世。Jeff 曾為協康會服務了 16 年；他善心的貢獻和我們彼此間的友誼將在我們心中留下足跡。

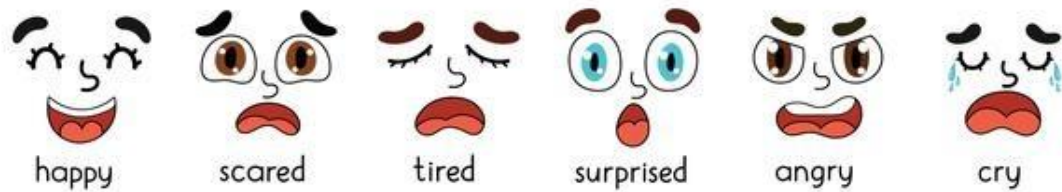
我們將會盡快落實 2021 年週年大會，以虛擬方式或面對面方式進行。如果您有更好的意見或希望參與其中，請隨時與我們聯絡。我們將繼續審視情況以確定何時重開 Belmore 中心的活動，請繼續關注通告，並請參與我們即將舉行的戶外活動。我們感謝您們一直以來的支持，並熱烈歡迎新加入的成員。最後，祝合家平安，新年快樂。

周潤梅
會長



Dr Mary Anne Hall of EPEC Education held a free webinar on 19 August 2021, providing invaluable information on supporting challenging behaviours of young children in a centre-based environment.

In the webinar, Dr Hall mentioned five typical behavioural exhibitions and suggested relevant strategies to support children in those scenarios.



Emotional Validation & Acknowledgement of Feelings: Techniques for supporting challenging behaviours

1. A stressed and anxious child

There are always signs and cues indicating a child's state of mind. However the whole child's personality has to be taken as context, e.g. an introverted child and a withdrawn child may exhibit similar anxiety and require adult's discernment as to the real problem. Building a holistic link on the scenario is important as emphasized by Hall.

Indicators of a Stressed and Anxious Child

Physical Signs

Disruptive Behaviour

Disengagement Cues

Chastising themselves

Attention seeking behaviour

Inability to join a group

Experiencing a full meltdown

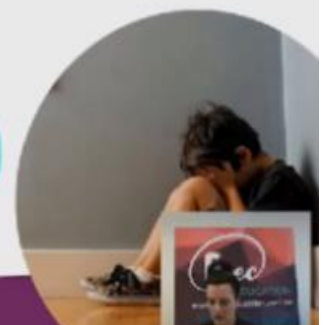
Displays a physical manifestation of anxiety

May feel a sense of not belonging or not 'fitting in'

May take longer to develop trust

May have low levels of resilience

May experience embarrassment or shame easily



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2. A disconnected child

Building trust is the first step in forming relationship. Adult needs to stop and listen to build up friendship and also keep the bond with the child. With that relationship, signs of Inconsistency in behaviours will be picked up and that will enable appropriate strategies in dealing with a disconnected child. Also remember to check back in and follow up.

Examples of phrases to instil trust:

- "I can see you're having a tough day"
- "Let's take five deep breaths together"
- "I'm here for you"
- "Let's grab a drink and a snack to fill our tummies up"
- "It makes sense you feel this way"
- "Would holding your favourite toy make you feel better?"
- "It's OK to feel sad right now if you don't know why"
- "Let's go splash some water on our face"

Re-engaging the Disconnected Child

- Undertake emotional first aid if required
- Validate the child's feelings
- Talk through fears and acknowledge problems
- Encourage other children to join the child
- Maintain & nurture the connection
- Communicate with the child's family
- Monitor the child's mood at drop off

The Combative and Disruptive child

- Seeks validation from adults and children
- Flicking
Poking
Pushing
- Preventing others from taking part in activities
- Minor property damage
- Wandering aimlessly - is disengaged
- Self-criticism or negative self talk
- Experiences shame and embarrassment easily
- Feels like they 'do not belong' or do not fit in



3. A combative & disruptive child

As carer, an important step dealing with a combative and disruptive child is to seek validations from other adults and/or other children. The problematic behaviours can be a result of an over stimulating weekend or a trauma experienced recently. Seeking validations helps to understand the whole picture.

Redirecting the Attention Seeking Child



Acknowledge how they are feeling.
"I can see you're upset and I understand why"



Validate their feelings.
"It's ok not to be happy all the time. That is how our emotions work."



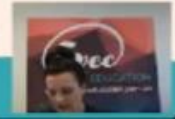
Ask them "What would make you feel better?"



Do not decide for the child on the best course of action. Let them decide and learn to regulate their own emotional action plan.



After anxiety subsides usually between 20-40 mins, they must be accountable for any damage or hurt caused.



4. An attention-seeking child

Hall reminded negative responses are not helpful at all. So make sure we avoid negative statements. Adult can also help a child build coping skills by offering choices and showing respect to the child. For example, when you have to exercise a "time-out", you can ask "would going to a quiet area help? Or would you prefer to sit at the couch?" Offering opportunities for children to self-regulate their own emotions will enhance their ability to identify their own strategies in coping and recovering.

The Full Meltdown



5. A full meltdown child

Facing a full meltdown child, the top priority is the child/children's safety. It is important to be close by the child and when time is right, encourage accountability to whatever damages caused. Also any kind of apologies should be encouraged and acceptable, they can be words, little handmade gift or small action like a hug or handshake, to make up the mistakes.

Learning the skills to acknowledge a child's feelings

Educators should guide children gently and consistently

Acknowledge when children are sad, angry, or frustrated. Even excited!

Acknowledge when a child is upset, then follow up with input from child, on some strategies to help the child

Avoid statements like, "stop crying, you'll be fine" "you're a big boy, big boys/girls don't cry".

Understand that children, like adults, experience a range of emotions, but they do not have the skill set yet, to deal with those emotions.

Children need to be taught that feelings (the good and the bad) are a part of life, and that it's ok and healthy to express those emotions.

Reflect children's feelings back to them in words they understand for their stage of development



Children need to be guided in appropriate ways to express their feelings in ways that do not cause damage to themselves, their friends, the environment etc.

Respect and support the child even if the child displays anger, frustration, difficulty etc.



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Acknowledging Children's emotions

Undertaking emotional first-aid and talking through their feelings is always the first step in dealing with challenging behaviours. Hall showed us how to acknowledge and then validate children's emotions with the following steps:

1. Be always gentle and consistent;
2. Identify and acknowledge their feelings
"I can see you are very angry/upset/frustrated now"
3. Invite input from child, listen to the child;
4. Reflect / validate the child's feelings, help children to identify their feelings;
5. Reassure the child that feelings (either good or bad) are part of our life, it's healthy to express them;
6. Guide children through the appropriate and acceptable ways to express emotions where their behaviours do not cause damage or harm to themselves, their friends or the environment;
7. Always respect and support the child (but not their negative behaviours).



shy



confused



sad



proud



excited



silly



Behavioural Expectations

It is always useful to develop Behavioural Expectations or house rules and reinforce those virtues in daily activities. Be reminded they are better implemented when adults are doing the same and consistency is maintained. When guidelines are used, make sure they:

- Use positive language / statements
- Are simple and straight forward
- State consequences for unacceptable behaviours
- Are clear, fair and consistent
- Assist children to learn to behave in socially acceptable & positive ways
- Are Developmentally appropriate
- Are role modelled by adults
- Are developed with children's input or ideas

TIPS for PARENTS

- Ensure you are calm yourself. Keep your own emotions out of it. Reach out for help and support when needed.
- Always be respectful. Take care with your voice and tone.
- Always practice empathy. All children have different backgrounds (physical, mental and family-related) and are exposed to different stress levels. Listen to them.
- Build a positive relationship with the child. Know the child in your care.
- Make rules and expectations age appropriate.
- Home/room setup to be creative and calm.
- Children, like adults, require validation and the avenue to express all of their emotions (happiness, sadness, fear and anxiety etc).
- It takes practice and effort.

Remember, “how you assist a child in dealing with stress now, will set the agenda for how they make future decisions in relation to conflict resolution, emotional regulation and self-soothing.” Dr Mary Anne Hall

Information from EPEC Education and Dr. Mary Anne Hall. Online course is available for purchase on EPEC's website: <https://www.epeceducation.com.au/professional-development-short-courses/Emotional%20Validation%20and%20Acknowledgement%20of%20Feelings:%20Techniques%20for%20Supporting%20Behaviours>

Resourced Music Therapy has been delivering a community music program to the Junior Group once monthly on Saturdays. We have all had an absolute ball including our facilitator/community musician Luke and the Music Therapist Rachael. The program has included a wide variety of activities including playing different instruments, social musical games, composition, improvisation, and technology-based engagement activities. Over the course of the program we have focused on:

1) Increasing Social competencies and skills -

Our facilitators have delivered and designed music-based groups that have supported and built capacity in functional social skills such as sharing, cooperation, listening, following directions, turn-taking, and many more. "It is lovely to see the kids be able to engage in more complex tasks by being able to increase their ability to wait for turns and listen to others in the group" (Luke).

2) Increasing social and emotional learning -

Our facilitators and the program have focused on key aspects of social and emotional learning. We have seen children engage with technology-based music-making, dancing, and components of drama whereby showing increase self-awareness (recognition of emotions in self and other), relationship skills (being able to work in teams), self-management (managing emotions and being able to work through difficult situations) and social awareness (showing empathy for others). The participants love engaging with these activities "can we do this activity every time you visit" (Junior group participant).

3) Increase confidence and creativity -

Our facilitators and the program have also focused on increasing confidence through a strength-based approach. Over the course of the program, we have had children that did not wish to engage or play with the group start to approach the facilitator and engage in components of the session. "It's great that she had a go this week, she really likes the shakers" (Junior Group Parent).

The facilitators cannot wait to continue supporting the Junior group next term! making more noise and loads more fun!





音樂的樂趣

Resourced Music Therapy 每月一次於星期六下午向幼兒組提供社區音樂學習項目。負責這個項目的是導師/社區音樂家 Luke, 也有音樂治療師 Rachael的參與。這個音樂學習包括各種各樣的活動, 包括使用不同的樂器、社交音樂遊戲、作曲、即興創作和電腦輔助的互動學習。在整個學習過程中, 我們專注於以下三點:

- 1) 提高社交能力和技能** – 建基於音樂的小組活動, 是由我們的導師所設計和帶領進行, 這些活動幫助建立功能性社交技能, 例如分享、合作、聆聽、跟隨指令、輪候等等。「很高興看到孩子們透過等待輪流和聆聽他人, 得以提高服從及能耐來從事更複雜的任務。」 (Luke)
- 2) 增加社交和情感學習** – 社交和情感學習是我們導師和項目的專注重點。孩子們通過參與技術輔助的音樂製作、舞蹈和戲劇元素, 從而增強自我意識(識別自我和他人的情緒)、人際關係技巧(能夠在團隊中工作)、自我管理(管理情緒並能夠在困難的情況下工作)和社會意識(表現出對他人的同情)。幼兒組成員很喜歡參與這些活動。「我們可否每次都做這個遊戲?」(幼兒組參加者)。
- 3) 增強信心和創造力** – 使用能力基礎作為教學方法來增強信心, 亦是學習計劃的重點和導師所注重的。在以往的聚會中, 有些孩子在開始時不願參與, 也拒絕與小組成員互動, 但慢慢地也開始接近導師, 並參與其中的活動。「她這週有機會參與真是太好了, 她真的很喜歡這些搖鈴」(幼兒組家長)。

導師們極期待下學期的來臨, 繼續幼兒組的週末學習計劃! 與大家一起來製造更多「噪音」, 並給大家帶來更多樂趣!

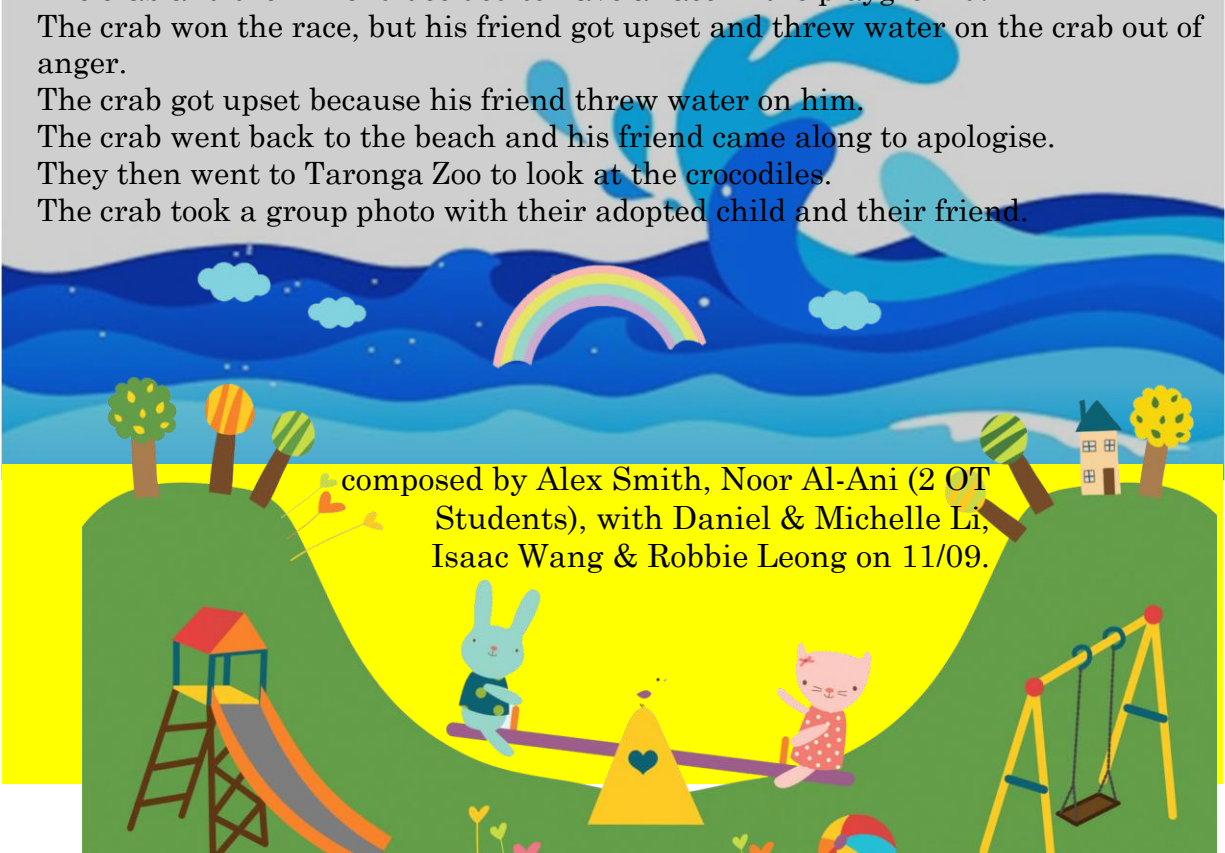


Online session with OT students on 11 September, children had great time on story telling and enjoying Bingo.

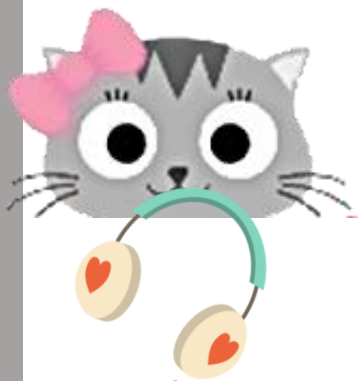
The red crab's adventures with his friend.





A little red crab sits on the beach, waiting for his friends.
 There was a big wave and the little crab got scared.
 The crab dug into the sand and hid from the wave.
 The big wave crashed against the shore.
 The crab dug itself out of the sand and its friend, little brown crab came along, who they adopted.
 The crab and his adopted child went to go eat a happy meal at Roselands McDonalds.
 They then went to play in the playground and the crab wanted to go on the swing. Someone else was already on the swing so the crab got angry.
 While the crabs were waiting for the swing, the crab scratched tummy because he was itchy.
 The person got off the swing and the crab was able to get on the swing.
 The crab and their friend decided to have a race in the playground.
 The crab won the race, but his friend got upset and threw water on the crab out of anger.
 The crab got upset because his friend threw water on him.
 The crab went back to the beach and his friend came along to apologise.
 They then went to Taronga Zoo to look at the crocodiles.
 The crab took a group photo with their adopted child and their friend.



composed by Alex Smith, Noor Al-Ani (2 OT Students), with Daniel & Michelle Li, Isaac Wang & Robbie Leong on 11/09.



Travelling Cat

There once was a cat who was lonely
 This lonely cat chewed on a headphone
 Afterwards, it entered a city rail train which went to
 Circular Quay
 Circular Quay was very crowded, so it was petted a lot
 The cat then jumped into a boat which went to Manly
 Beach
 At the beach it went to a shop
 At the shop the cat paid for some food to eat
 The cat then went to an airport
 It went into an airplane and flew to America 
 It then travelled to China 
 The cat knocked on someone's door and asked to sleep
 The cat then slept in a bedroom

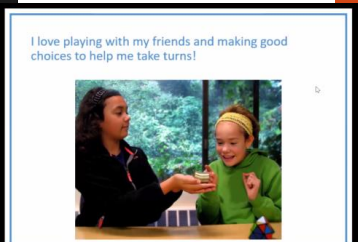
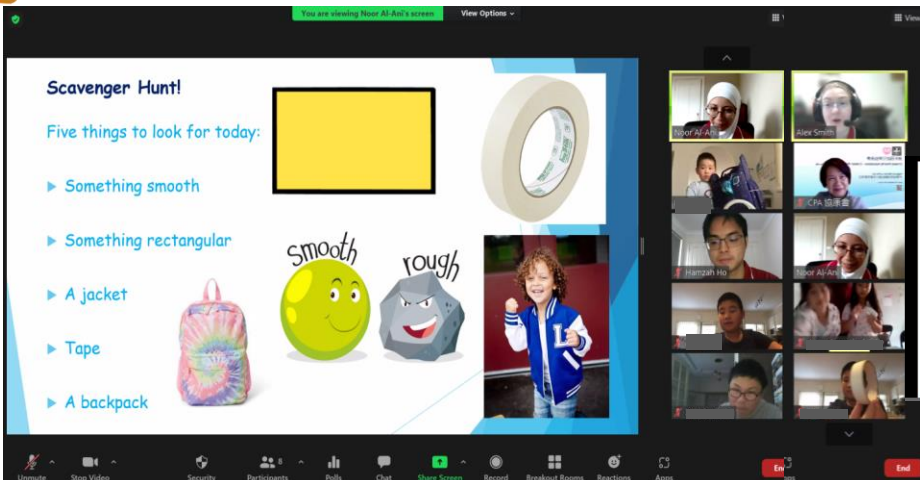


Circular Quay



Manly

composed by Alex Smith, Noor Al-Ani (two OT Students), with Daniel & Michelle Li, Isaac Wang, Auden Cheung, Jasper Zhang, Betina Li, Robbie Leong, Jerry, Anny & Kelly Chen & Lucas Hu on 28/08.





Social Art Independent for disabilities

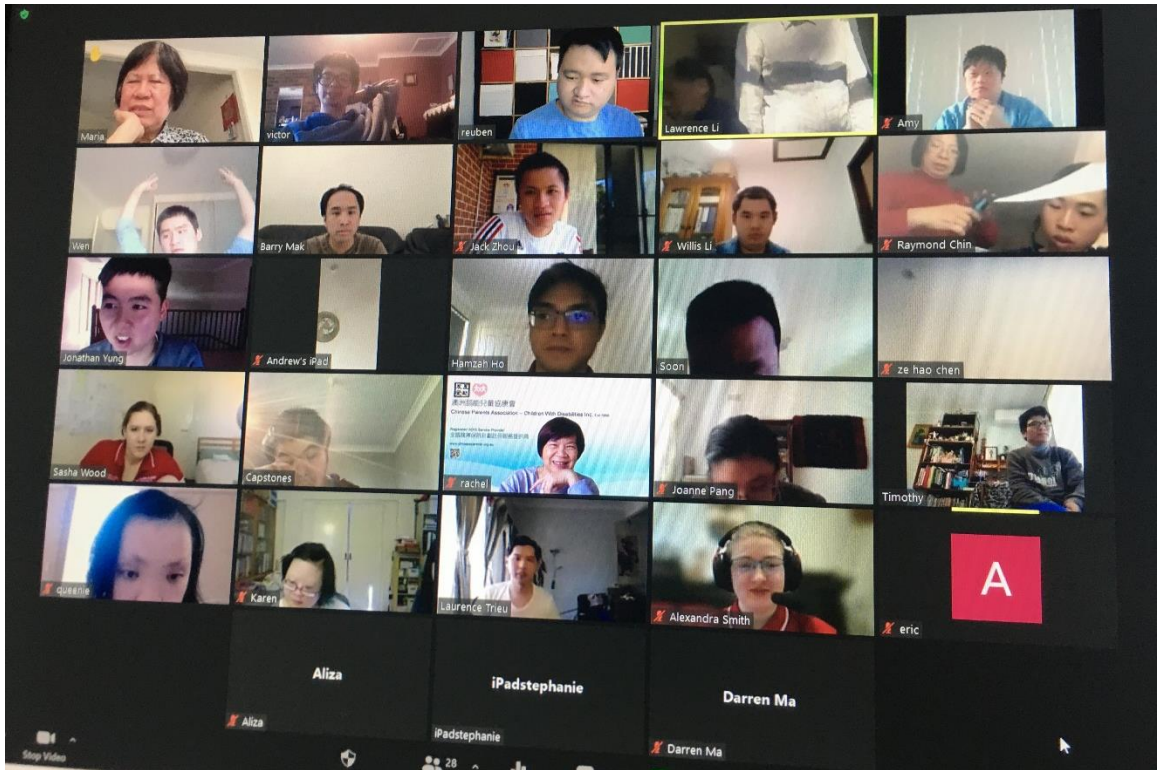
Vincent is an excellent teacher. He is caring and patient. He got all the students' attention and guided them through step by step to explore and learn different elements of art. The students interacted actively throughout the lessons and enjoyed every minute of them.
Ivy



Vincent Fung 是一位充滿愛心和富有經驗的繪畫老師。他按部就班地教導孩子們不同的繪畫方式，提高他們對繪畫的興趣和專注力，是一位不可多得的老師。
Maria

Vincent Fung allowed his students to be actively participating in expressing their knowledge of environmental sustainability, following up from previous and spontaneous experiences students were involved in. This learning experience helped the students to promote the concept of sustainability in relation to real life. Through this experience students are broadening their knowledge and understanding of the world in which they lived. Students were engaged in enjoyable interactions using verbal and nonverbal languages. They were able to use symbols in their drawings to represent and make meanings. Vincent introduced variety of thinking strategies to guide his students to solve their problems. The students shown great sense of pride of their achievements in their activities.

Well done Vincent! Aileen



Message from OT student

My name is Hamzah, and I am an OT student from Western Sydney University. This semester I got to work at CPA which was a really fun and enjoyable experience getting to know them and do activities with the youth group. Some of the games we played with the group is charades and bingo. We also did activities that were based around occupational therapy interventions to help with improving their social skills such as the morning routines and mock store activities. The morning routines activity was developed with the goal of improving their communication and memory skills as they would be recalling what they did that morning and taking turns to share with the rest of the group. The goal of the mock store activity was to improve their money handling, purchasing and communications skills by replicating and role-playing a shopping environment. Maria and Miranda were also great to work with as they were very supportive by providing feedback and advice to help us with running our sessions. They were also understanding of the situation caused by the pandemic and the difficulties it caused to everyone.





E18

Nancy Ma 在百忙中抽空在網上按步就班地教導協康會會員及其親友「練功十八法」，並提醒學員們每一步要注意的動作細節，希望大家能夠勤加練習，以期達到強身健體的效果。在此謹致謝意。

* Maria*

Nancy's exercise class Nancy's exercise class 練功十八法: 它包函了很多傳統的功法，不但在伸展，呼吸，穴位按摩及經絡鍛練，都能達到強身健體，練功之餘，也能達到鍛練瑜珈的寧靜，在這個疫情下，也能去到正能量的境界，身為一個服務長者的工作人員，誓將這套功法練好，廣傳出去，讓更多人受益，不枉Nancy及Alex的時間及心機傳授這套功法給我們協康會的成員及家人朋友, 衷心感謝。

Sylvia Tinyow

Nancy is very passionate about the 18 exercises. She had dedicated a lot of time on making the videos, explaining and demonstrating to make sure we know how to practice correctly. She wants us to get the most benefits out of these exercises. This has brightened our days during this difficult lockdown period and also helped us to stay healthy and strong in the future. Excellent effort. Well done.

Ivy





澳洲弱能兒童協康會

Chinese Parents Association – Children With Disabilities Inc

ABN: 63 938 108 704

DGR: 900 487 253



November Weekend Timetable

十一月週末時間表

Free online programs

November 2021 programs

Monday	5:00pm – 6:00pm
01/11	PCYC Auburn* Wyatt Park, Church Street Lidcombe
08/11	
15/11	
22/11	
29/11	
Friday	4:30pm – 5:30pm
12/11	Aerialize Canterbury* 7-9 Close Street Canterbury
19/11	
26/11	



Saturday	Morning 11am-12:30pm	Afternoon (Zoom)	
06/11	Tenpin Bowling* 92 Parramatta Road Lidcombe	Art 2:30pm-4:30pm	Ellen
13/11		Zumba 2:30pm-3:30pm	Norma
20/11		Art 2L30pm-4:30pm	Vincent
27/11		Game session 2:30pm-3:30pm	TBC

*Activity fees apply

Regular Weekend Activities

Junior Group 兒童組



Move & Learn 活動教學

Instructor : Jackie 老師

Time 時間: Saturdays 星期六下午 3:30pm - 4:30 pm

Venue地點: Belmore Youth Resources Centre, 38 Redman Pde, Belmore



Fun with Music 趣味音樂

Instructor : Luke 老師

Time 時間: Saturdays 星期六下午 4:30pm - 5:30 pm

Venue地點: Belmore Youth Resources Centre, 38 Redman Pde, Belmore



Taekwondo 跆拳道

Instructor : Khon 老師

Time 時間: Saturdays 星期六下午 3:30pm - 4:30pm

Venue地點: Belmore Youth Resources Centre, 38 Redman Pde, Belmore



Creative Arts 創意藝術

Instructor : Ellen 老師

Time 時間: Saturdays 星期六下午 3:30pm - 4:30 pm

Venue地點: Belmore Youth Resources Centre, 38 Redman Pde, Belmore



Zumba 兒童森巴舞

Instructor : Norma 老師

Time 時間: Saturdays 星期六下午 4:30pm - 5:30 pm

Venue地點: Belmore Youth Resources Centre, 38 Redman Pde, Belmore



Music Therapy 音樂治療

Instructor : Christine 老師

Time 時間: Saturdays 星期六下午 4:30pm - 5:30 pm

Venue地點: Belmore Youth Resources Centre, 38 Redman Pde, Belmore



School Holiday Outings

Time 時間: Saturdays 星期六

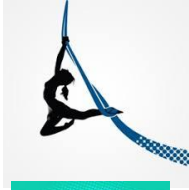
Venue地點: various activities, refer to CPA latest weekend program

疫情期間部分實體活動仍然暫停，直至另行通知。

Due to present COVID situation, most physical activities are still suspended until further notice.

Regular Weekday/Weekend Activities

Youth Group 青年組



Aerialize Class to be resumed on 12/11/21

Time 時間: Friday 星期五 下午 4:30pm 至 5:30pm
Venue 地點: Aerializa Canterbury, 7-9 Close Street, Canterbury



Fitness Gym Class to be resumed on 01/11/21

Time 時間: Monday 星期一 下午 5:00pm 至 6:00pm
Venue 地點: PCYC Auburn, Wyatt Park, Church Street, Lidcombe



Ten Pin Bowling to be resumed on 06/11/21

Time 時間: Saturday 星期六 上午 11:00pm 至 12:30pm
Venue 地點: 92 Parramatta Road, Lidcombe



Drama – Sydney Talent Company (TBC)

Time 時間: Saturday 星期六 下午 3:00pm 至 5:00pm
Venue 地點: Belmore Senior Citizen Centre, 38-40 Redman Pde, Belmore



Zumba

Time 時間: Saturday 星期六 下午 3:00pm 至 5:00pm
Venue 地點: Belmore Senior Citizen Centre, 38-40 Redman Pde, Belmore



Social Art Program – art workshop

Time 時間: Saturday 星期六 下午 3:00pm 至 5:00pm
Venue 地點: Belmore Senior Citizen Centre, 38-40 Redman Pde, Belmore



Outing / Hiking

Time 時間: Saturday 星期六
Venue 地點: Various locations, refer to latest weekend program



Music Lessons

Time 時間: Saturday 星期六 下午 3:00pm 至 5:00pm
Venue 地點: Belmore Senior Citizen Centre, 38-40 Redman Pde, Belmore

疫情期間部分實體活動仍然暫停，直至另行通知。

Due to present COVID situation, most physical activities are still suspended until further notice.

Upcoming Events



澳洲弱能兒童協康會2021 周年會員大會 CPA ANNUAL GENERAL MEETING 2021



11th December 2021, 11am

Our AGM will be held online , hybrid or face to face depending on COVID restrictions.

Booking is essential. More details will be available later, through CPA websites or emails, if you have any questions, please contact our office on 0406 233 222





Families Beachside Getaway

海濱家庭度假

201 Pioneer Road Fairy Meadow NSW 2519

Friday 14/01/2022 – Sunday 16/01/2022



<i>PWD** must be accompanied by carer</i>	Option A Motel Style AC unit (x10)	Option B 1 Bedroom AC unit (x15)	Option C 2 Bedroom AC Bungalow (x1)	Option D 2 Bedroom AC Terrace (x2)
Accommodation Cost claimable from NDIA 住宿費可向 NDIA 申報	\$450.00 (2 nights) (max. 3A & 1C) 最多 3 大 1 小	\$580.00 (2 nights) (max. 4A & 2C) 最多 4 大 2 小	\$860.00 (2 nights) (max. 4A & 2C) 最多 4 大 2 小	\$ 1230.00 (2 nights) (max. 4A & 2C) 最多 4 大 2 小

Supplies 供應:	Fully equipped kitchen, microwave, full fridge, TV, linen, wifi 設備齊全廚房, 微波爐, 冰箱, 電視, 床單, 無線上網
Facilities 設備: (*Fees applied 自費)	Heated indoor pool, heated spa pools, steam room, table tennis, tennis court*, basketball court*, bicycle*, mini golf* 室內溫水游泳池, 溫泉池, 蒸氣室, 乒乓球, 網球場*, 籃球場*, 腳踏車*, 迷你高爾夫球*
Bring 自備:	Bring your foods for cooking, Water bottle, Sun hat, sunscreen, comfortable shoes, towel, swimming costume & towel, snacks, foods. 水瓶, 帽, 防曬霜, 舒適鞋, 毛巾, 游泳衣, 食物.
Transportation 交通:	Own transport 各自安排
Check-in 報到	14/01/2022, 2pm
Check-out 退房	16/01/2022, 10am

Booking essential, please book by 03/12/2021 through CPA WhatsApp, WeChat or email admin@chineseparents.org.au
Full payment required upon booking

CANCELLATION POLICY:
Payment will be refunded less \$50 booking fee if cancellation is made prior to 14 days of the scheduled arrival date. There will be **NO REFUND** if cancellations are made within 14 days of the schedule arrival date.

** PWD refers to the children with disabilities of ordinary members of the Chinese Parents Association-Children With Disabilities Inc.

This event is for CPA members only

Enquiry: Miranda 0412 536 633, Maria 0402 941 090



澳洲弱能兒童協康會

CHINESE PARENTS ASSOCIATION-CHILDREN WITH DISABILITIES INC.

新春遊輪家庭樂

CNY Family Lunch Cruise

Saturday 05/02/2022

3 hours Classic Lunch Cruise as we journey up the Picturesque waters of the Georges River



	NDIS Participants *	Others 其他	Fees Include 費用包括
Fees 費用 \$:	\$55.00 pp (17yrs and above)	\$45.00 pp (17yrs and above)	2 course meal, coffee & tea (2 道菜午餐, 咖啡和茶)
	\$40.00 pp (4yrs to 16yrs) PWD** must be accompanied by a carer	\$40.00 pp (1:1 Companion card holders and 4yrs to 16yrs)	

Departure location & Time: 11:00am – 2:00pm

出發地點 & 時間: Sans Souci Wharf, Riverside Drive,

Sans Souci (see map next page 請參閱下頁地圖)

Don't be late for your cruise! 敬請準時 逾時不候

**NDIS participants are people who has current NDIS funding to claim for the above activity fee.*

*有 NDIS 計劃並可申報此項活動的參與者.** PWD refers to the children with disabilities of ordinary members of the Chinese Parents Association-Children With Disabilities Inc.*

■ Lucky draw 幸運抽獎

■ Li Si 紅包

Seats are limited, first come first served

Enquiry:

Miranda 0412 536 633, Maria 0402 941 090

Booking essential, please book by 報名截止

止日期 05/01/2022 through CPA

WhatsApp, WeChat or email

admin@chineseparents.org.au

Full payment required upon booking

Cancellation fees apply



澳洲弱能兒童協康會

CHINESE PARENTS ASSOCIATION-CHILDREN WITH DISABILITIES INC.



02 9025 9391



an initiative of



**FRI 3RD & SAT 4TH
DEC 2021 🕒 9AM – 3
PM** 📍 THE DOME, SYDNEY OLYMPIC PARK



People with Disability are embracing My Future, My Choice as a way to control how they want to live their lives now and plan for the future. The Sydney Disability Expo will link thousands of people with a disability with hundreds of product and service providers as well as presenting a range of informative and interactive presentations delivered by industry experts.

[@Sydney Showground, 1 Showground Rd, Sydney Olympic Park NSW](#)

Free Registration [BOOK HERE](#)

Siblings of Children with disability How they feel

**A sense of
being alone**

Pride

Stress

**Anger,
resentment
& jealousy**



*I think
I love you...*

Fear & worry

**Embarrassment
and guilt**

Sadness



You can [support siblings of children with disability](#) by letting them know that it's OK to sometimes feel angry and worried, and to sometimes feel happy and proud. All these feelings are normal and understandable.



Is it possible to recreate dinosaurs from their DNA?

DNA stands for deoxyribonucleic acid – which is in every cell of every organism that ever lived on Earth – including dinosaurs. Think of DNA as molecules that carry the genetic code, a set of instructions that helps bodies and minds grow and thrive. Your DNA is different from everyone else’s. It determines many of the characteristics that define you, like the color of your eyes or whether your hair is straight or curly.

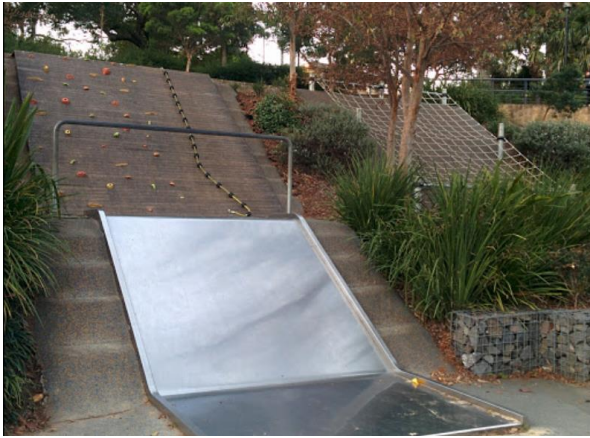
DNA is much easier to find in the “soft parts” of an animal – their organs, blood vessels, nerves, muscle and fat. But a dinosaur’s soft parts are long gone. They either decomposed or were eaten by another dinosaur. The prehistoric animal fossils come from dinosaur’s “hard parts” – their bones, teeth and skull, found in riverbeds and lakes, and on the sides of cliffs and mountains, sometimes in people’s backyards. Often, they’re quite near the surface, and usually, they’re embedded in [sedimentary rock](#).

But scientists have a big problem: DNA molecules eventually decay. [Recent studies](#) show DNA deteriorates and ultimately disintegrates after about 7 million years. The last dinosaur died at the end of the Cretaceous Period. That’s more than 65 million years ago. That means, as far as scientists know, and even using the best technology available today, it’s not possible to make a dinosaur from its DNA.

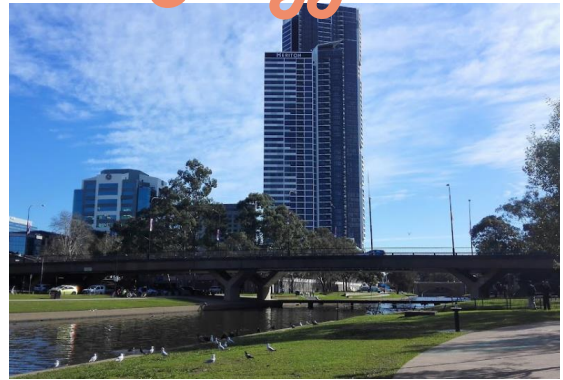


Hello, curious kids! If you have a question you’d like an expert to answer, ask an adult to send it to curiouskids@theconversation.edu.au. Make sure you include your name, age (and, if you want to, which city you live in). All questions are welcome – serious, weird or wacky!

Great playgrounds to visit



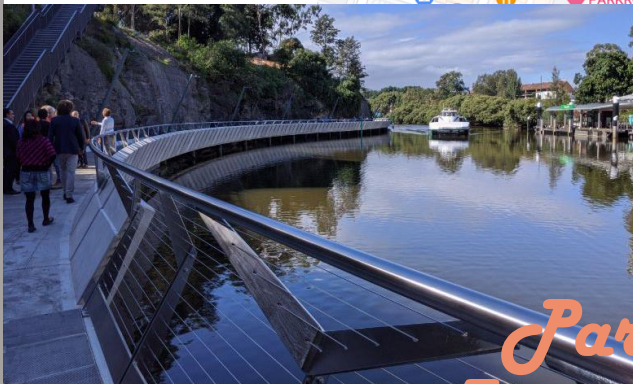
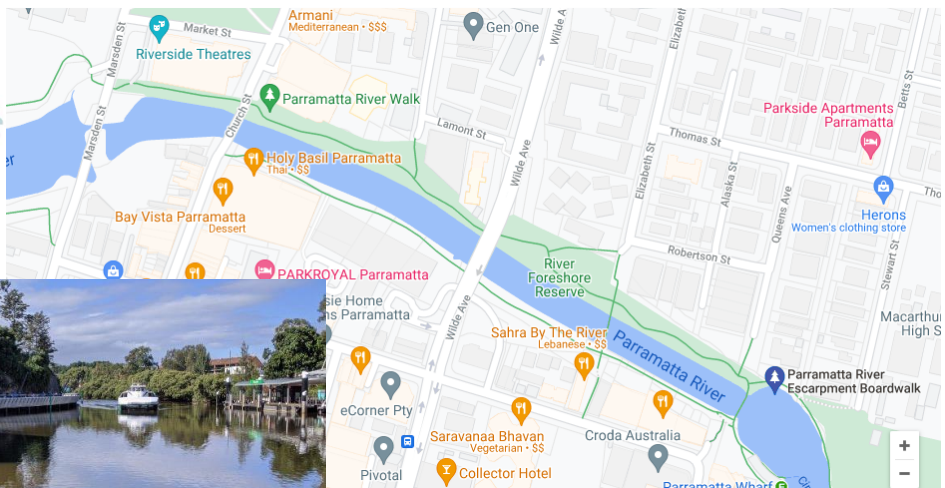
River Foreshore Playground



1 Elizabeth St, Parramatta NSW



2 Queens Ave,
Parramatta NSW



Parramatta River Escaarpment Boardwalk



The keto bread

This keto bread has a crispy crust with a soft and moist centre. Smear with butter, peanut butter to add on some favourite taste. It is a healthy alternative to normal bread as it contains 2 net carbs per bun, compared to 20 grams of carbs in a similar size normal bread roll. It is also gluten-free. The best of all, it is super easy to make.

Ingredients (available in supermarkets)

- 80 ml (50 g) ground psyllium husk powder
- 300 ml (140 g) almond flour
- 2 tsp baking powder
- 1 tsp sea salt
- 240 ml water
- 2 tsp cider vinegar
- 3 egg whites *
- 2 tbsps sesame seeds (optional)



Instructions

1. Preheat the oven to 350°F (175°C).
2. Mix the dry ingredients in a large bowl. Bring the water to a boil.
3. Add vinegar and egg whites to the dry ingredients, and combine well. Add boiling water, while beating with a hand mixer for about 30 seconds. Don't over mix the dough, the consistency should resemble Play-Doh.
4. Moisten hands with a little olive oil and shape dough into 8 separate rolls. Place on a greased baking foil sheet. Top with optional sesame seeds.
5. Bake on lower rack in the oven for 50–60 minutes, depending on the size of your bread rolls. They're done when you hear a hollow sound when tapping the bottom of the bun.
6. Serve with butter and toppings of your choice.

*The remaining egg yolk can be used in fried rice or making mayonnaise.

Please send us photos to show off your keto bread?

Community Contribution

CPA has been a great advocator on public health and safety, observing and following government policy closely. Our management committee has been attending community leader meetings during lockdown in Sydney. We pride ourselves as our chairperson and one of our members, Gina had participated in a vaccination promotion campaign, sharing their experience and thoughts on the vaccination in our language. Well done! In fact, all our members had been very brave and did our parts for our community! Good job everyone!

COVID-19 vaccination – Video – Community member Miranda talks about why she got her COVID-19 vaccine (Cantonese)

This video, in Cantonese, shows community member Miranda talking about why she got her COVID-19 vaccine.



COVID-19 vaccination – Video – Community member Gina talks about why she got her COVID-19 vaccine (Mandarin)

This video, in Mandarin, shows community member Gina talking about why she got her COVID-19 vaccine.

我們詢問社區人士他們
選擇接種疫苗的原因。

你為甚麼選擇接種疫苗？

你為甚麼認為社區每一
個人都接種疫苗是重要的？

接種疫苗之後你現在感覺如何？

我保護自己，
也就是保護家人和社區。

[COVID-19 vaccination – Video – Community member Miranda talks about why she got her COVID-19 vaccine \(Cantonese\) | Australian Government Department of Health](https://www.health.gov.au/covid19-vaccines-linguages)

[COVID-19 vaccination – Video – Community member Gina talks about why she got her COVID-19 vaccine \(Mandarin\) | Australian Government Department of Health](https://www.health.gov.au/covid19-vaccines-linguages)

CPA KIDZ' pastime activities



Reuben tried a small piece in cross stitching.



Reuben found it fun and started a bigger piece in cross stitching.



Reuben also enjoys doing bead craft and becoming a professional in this craft.

**What about you?
Do you want to share
with us the interesting
things you have done
lately?**

Send your writings, drawings (on plain white paper) and photos to admin@chineseparents.org.au, titled "CPA newsletter CPA Kidz' corner", we'd love to hear from you.



NOV Annie Zhang
Bowman Yu
Eric Lo

Jack Zhou
Laurence Trieu
Lawrence Li

Livana Li
Sandra Wang
XuXin ye

DEC
C Adrian Chau

Chen Rong
Daniel Li
Isaac Liew
Jackie Li

James Huang

Jasper Zhang
Jimmy Kong
Justin Li

Louisa Tong

Lucas hu
Samson Yuen
Timothy Yau

JAN
N Barry Mak

Jason Chen

Thomas Huang

Christopher Lin
Edmund Su

Julia Teng
Katie Chen

Thuman Ha
Tiffany Tan



**I hope you have a great day today,
and the year ahead is full of many
blessings.**

ACKNOWLEDGEMENT

Donors (donation of \$100 and above)

Anthony Lee (Quei Lan Lu)

Lye Lee (Gloria Leung)

Volunteers

Alex & Nancy Ma

Agnes Yiu

Student Placement

UWS 2nd Year OT Students:

Alexandra Smith

Hamzah Ho

Noor Al-Ani

Sasha Wood



Congratulations to **Laura Zhu**

being the winner of the lucky draw prize \$100
from Ideal Plan Management

ANNOUNCEMENT

**CPA office will be closed for Christmas and
New Year from 20 December 2021 to 10
January 2022 inclusive.**



Chinese Parents Association –
Children With Disabilities Inc.
澳洲弱能兒童協康會

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Campsie NSW 2194

Post Address 郵址:
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Campsie NSW 2194

Office Hours 辦公時間:
Tues, Thurs 週二, 週四
10am-3pm 十時至三時

Phone 電話: (02) 9789 1315
Mobile 手機: 0406 233 222

Email 電郵:
admin@chineseparents.org.au
Websites 網址:
www.chineseparents.org.au



Article Contribution 歡迎來稿

CPA Newsletter is our quarterly publication, sharing community news with our members and other community organisations.

歡迎會員朋友來稿「會訊」發表，與其他會員朋友分享，響應本會的「互助友愛」的宗旨。

How can you help ? 請給我們支持 :

郵址 Postal Address : PO Box 345 Campsie, NSW 2194

捐贈 款項 I would like to make a donation of : \$ _____

本人願意參加為貴會 : I would like to become :

- | | | |
|------|-------------------|--------------------------|
| 會員 | Member | <input type="checkbox"/> |
| 附屬會員 | Affiliated member | <input type="checkbox"/> |
| 義工 | Volunteer | <input type="checkbox"/> |

會員年費 \$10
Membership Fee \$10 pa
(From 1 July –30 June)

名字 Name: _____

姓氏 Family Name: _____

地址 Address: _____ Suburb: _____

Postcode: _____

電話 Tel: _____ 電郵 Email: _____

請將支票抬頭 Please make cheque payable to: Chinese Parents Association-Children with Disabilities Inc.
DGR # 900 487 253